

# Impacting Our Stem Cells

We know that the autonomic nervous system (ANS) does a lot for the body. The 2 branches of the ANS, the sympathetic (SNS) and parasympathetic (PNS), help regulate our body internally. Researchers have recently looked into how these nerves not only help the body heal but also regenerate needed tissue.

Recently, research found that the branches of the ANS help to regulate tissue renewal, specifically in the lining of the intestines, through their control of our body's natural stem cells. What was even more interesting, though, was that the research demonstrated that overly high levels of either one of the branches of the nervous system actually caused the body to slow down the renewal of the digestive organs. These high levels occur when our body is not able to adapt to physical, chemical, and emotional stresses, such as when a subluxation has occurred (misalignment of the spine causing nerve interference).

It's amazing how intelligent our body is. When we are not adequately adapting to stress, the body knows it cannot make healthy cells so it will slow down the process of making them. With gentle, specific chiropractic care centered around correcting nerve interference from subluxation, we can rest easy knowing that the function of every system in our entire body, including making healthy cells for days, weeks, and years to come, is impacted with every adjustment!

Davis, E. A., Zhou, W., & Dailey, M. J. (2018). Evidence for a direct effect of the autonomic nervous system on intestinal epithelial stem cell proliferation. *Physiological Reports*, 6(12). doi:10.14814/phy2.13745



**Research demonstrates that an impaired nervous system will cause the body to slow down the process of creating new cells, especially in the digestive tract!**



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